

**DWD AUSTRALIA**  
**DAY 1, MARCH 5, 2003**  
**DEBRIEF**

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AJR: Ok, the first night of DWD in Gold Coast here. What day of the week is this?

?: Wednesday

AJR: Wednesday the fifth of March 2003.

?: It was a 20.

AJR: Definitely a 20. It started out slow. They were just f---ing dead as doorknobs. I know, it's f---ing bizarre. Cause I don't think they're going but they're going but I have to work my ass to get them going. They were very slow. I teased them about it, pushed them.

First of all I acknowledged [REDACTED] It's the first time we've done an event like this where the whole day he was absolutely on top of it. He didn't miss any cues. I gave him one correction that wasn't a bad correction it was just, I get him to save Nickel Back and not do it during a negative piece because it's a positive song. But that was minor. He could have played it and it still would have been fine. I really, really, want to acknowledge him and call him tonight and thank him. Because it gave me the capacity to be able to focus on the audience instead of focus on the music which is fantastic.

Earlier in the day, early in the night, content was great. It was a very different state. The room also frankly is just a terrible f---ing room but I don't know that we have another choice here. When that convention center gets open we ought to look at the possibility of it. Cause the room is dark and dingy and I forgot about it. It was the same thing last year. Something about all that brown and dark that just brings the energy down.

The bottom line is, got 'em. I like the syntax of what I did, it was different than what I planned as usual, upfront. And I don't even remember all the content pieces. I want to get a transcript of it though because I put a lot of pieces in there that would relate directly to the Emotional Fitness Book in terms of sequencing that, you know I got The Model of the World in quicker. I like the way that I shaped it. I had a couple of phrases and I was saying them. I was thinking, oh f---, this is perfect for the book but right now frankly they escape me so we'll get a transcript and kind of highlight some of those phrases. Pam (inaudible) some of the Creative members have been to enough events would probably see content that would stand out. I'd mark that a lot and have them mark things.

I got across the whole concept, early on in a slightly different way about knowing yourself and being yourself. I don't know, again I can't remember the syntax right now because there's so many different pieces in my head going on right now. But all I know is I really liked it. I liked what I did at DWD PS felt outstanding, it was just more enjoyable but I think part of it is the room is so much brighter. It's just that it's a very different experience. Going in this room is very dingy feeling. And I liked what I did, playfully



Was how she was living in her masculine trying to control him, and of course he would go somewhere else, or he would find a feminine force because it sounds like he's a masculine man. That's why she can't control him which opened up a great discussion about male and female energy. And if a man controls the woman, and makes her so she's not free, then sure enough, he kills her spirit, and vice versa, if a woman controls a man, she won't respect him, and he's feminized, and it's over. There's no possibility for relationship. It was a great discussion, great educational part of that. But then I opened her up on how to be free, and said, "You need to practice." And talked about dancing naked around the room with her chocolate and playing with herself. And I said [Sounds like, "Would you like to take all this down?" I said, "F—ing mess up your God da— hair." She had it in a bun. And she messed her hair up, and the whole room went crazy. Then she started moving at first, and her first movements were like a child learning how to walk. They were really gross, stupid, terrible movements, and I just kept shaping her, and using the audience to shape her with love. Gradually she became more and more feminine. At the end she was a beautiful experience of the feminine. And everybody got it. It was fantastic. So she got it, and I got for her to see that now she has consequences, both pleasure and pain. It's in her body. It's emotional, and it's in her body so she won't forget it. It's not just in her head. And it's proactive versus just reactive, so use that example in the book.

### [POSSIBLE EXAMPLE III—PHOBIA—MALE]

Then later on, I got a guy. And this guy has a phobia, this is a perfect example like mark out if I ever want to show these to these [REDACTED] about how to do things differently with NLP because I just spoke to him recently by email. This guy gets up, and he has a total, his two vices are an obsession with ticking clocks, and with barking dogs. I said, "Well it's not the obsession, that is the emotion, so it's a distraction." I said, "You know, is it a distraction or is it anger?" He looked irritated, he said, "Well it's anger." So I said, "Anger is it." So I [Unintelligible] the sh— out of myself frankly. I looked at that thing, and in two seconds I knew his entire model of the world, and the whole thing. I quickly understood his two emotions were anger and overwhelm. Overwhelm related to work where he takes on more than he can get done, and he can't get it done, so he's overwhelmed and he's stressed. So what I got from this is his entire model of the world in two seconds was an achiever model of achieve enough so that you're significant enough to be worthwhile. He doesn't believe he is, so he takes on more than he can possibly take on so he can blame the volume of work for his incapacity to achieve. Not his lack of capacity and being worthy as a person. And he so wants love, and is so desperate for love that he would never slash out at other people, and he has enormous anger and frustration because he can never get things done. He can never achieve what he must achieve to be worthwhile within himself.

So he was angry with himself, angry with other people. So he can't do that, so he's got to scheduled way to release the anger he builds up so he doesn't go crazy, and he picks convenient things that can't talk back or take love away. Clocks, inanimate objects that he's sure to come in contact with on a consistent basis. And then dogs that bark that aren't his, who he doesn't give a f— about, he's likely to bump into. He has a right to be upset about, so he's justified in being angry, it's not a crazy thing to be that. And he can just call it irritation. I



did a beautiful set of hypnotic trances on him by changing his state. Once again having no f—ing clue what I was going to do, into does he masturbate to break his pattern. Which hand he masturbates with linking it to which arm of the clock is the right hand, then the [Sounds like, "the wrong hand."] Stopped when he said to such an extent that he had no where to go, and then brought that full circle back to the truth of what was really driving him which he tried to deny at first. And then, I went back and broke his pattern, and talked about how he's ambidextrous, and [Unintelligible].

I was humorous, I was shocking, I was sexual, I used every gross form of pattern interrupt on this man to keep breaking his pattern and keep putting him in a deeper trance. A different trance than the trance he was in. And as I did this, I was eliciting ways to tie in a new set of behaviors whereby he could accept himself. Instead of living in a world that where he could never ever accept himself because he could never achieve enough, and he'd have to build this up. And I complimented his unconscious on developing such an elegant set of tools where he had no threat of losing love, and he was sure to come in contact with these on a regular basis, and he could feel in control over a dog, or over a clock. Giving him a temporary release from the constraints of being in total pressure that would be constant inside which he acknowledged was true. I did all this in hyper-speed just as I'm talking now.

And then what I began to do is I came up with a, I began to break his pattern, and I had him reach down and grab his balls, his cock, and was very explicit in words like "cock." Explicit in like I asked him what he called it and he said his girlfriend wanted to call it something else. I said, "What did she call it? Shrimp?" And I did things to call him out back and forth. He worked very hard to maintain a stoic, apathetic structure. But he wasn't able to do it. And he's got the cameras on him, and everybody could see when he'd laugh or whatever even though he tried not to, or was moved emotionally, or had an awareness, or a-ha's. So I pushed, and pushed, and pushed, and then what I did was I took him through, I just lost my train of thought, I thought of something else for a second. It'll come back. I took him through acceptance. I had him grab himself and say, "I'm a man." Right? Just to go to the absurdity of "I'm a man" as a way to jolt him. And then say, "I'm a man" while the clock is ticking in front of him. So instead of what NLP would do, where someone would say, "Oh, he has an obsessive thing. Let's do a compulsion blow out. Oh, he has a phobia. You know, let's do a collapse anchor on this thing." I refused to go there because that would be solving the presenting problem, rather than making a global change in his entire life by reorganizing things.

Now there's two ways to make a global change. I just made this distinction today. I could change his focus, which everybody in the room, and I've educated the room, and I've asked them, "What is his primary two driving needs? Which ones does he overvalue? Significance and certainty." Everybody got. So he had no place to go. I said, "We could change his primary drivers, or we could fulfill them." That's a different approach than I've had before. And I came up with this when I was in Venezuela when I was with this man who was being a f— off. And normally when somebody's being a f— off significance at the cost of somebody else, I cut their balls off. But in this case, I knew it wasn't advantageous to cut his balls off, because we needed him in this context. So instead, I built up his balls. I pulled him aside, and sincerely thought about what he has done that was good, and acknowledged him, and